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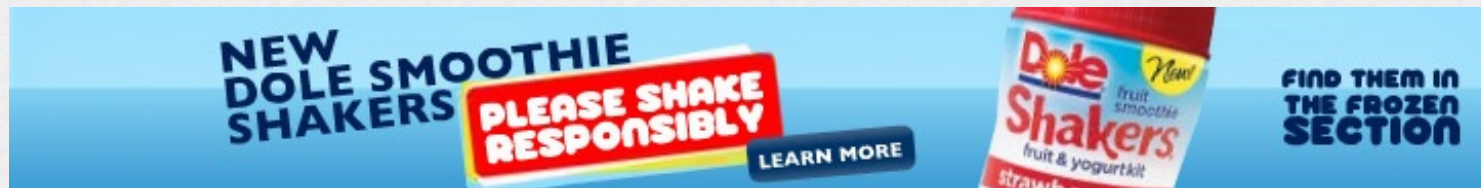
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# TRINI MACARONI PIE

Submitted By: [healthygirl140](#) On Feb 22, 2011

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Prep Time: **30 min** Serves: **8**  
Cooking Time: **40 min** Yield: **1 Pie**



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Trinbago kitchen The way to a man's heart is through his stomach , or so they say. We believe that the way to keep your woman happy is to cook her that special trini recipe. So get yourself stuck in to receipes for Pelau rice, stew chicken and much more.

I Ate This



# INGREDIENTS.

Onion:

1 serving

1 serving Onions

2 egg

1/8 tsp Salt\*

28 oz Evaporated Milk (2%)

1/2 lb Cheddar Cheese

2 tsp Blue Band Goede Start! (bater/butter)

400 g Macaroni Noodles

1/4 tsp Seasoned Salt

Tea Green Coffee Extract

Track calories and reach your health goals with the [Calorie Tracker](#)

## Nutrition Facts

Serving Size: 1/8 pie

Amount per Serving  
Calories 276

Calories from Fat 113.1

	% Daily Value *
Total Fat 12.57g	19%
Saturated Fat 7.18g	35%
Cholesterol 100.23mg	33%
Sodium 397.16mg	16%
Total Carbohydrate 21.55g	7%
Dietary Fiber 0.78g	3%
Sugars 11.03g	
Protein 17.3g	34%

### Est. Percent of Calories from:

Fat	41%
Carbs	31%
Protein	25%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calories needs.

Is this nutritional information correct?  
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## Nutrition Profile

**Top Green Coffee Extract** Discover why some green coffee extracts are better than others!

[GreenCoffeeUltra.com](#)

**Lose Belly Fat Fast** Start a custom weight loss plan created by TV's toughest trainer. [www.JillianMichaels.com](#)

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## DIRECTIONS.

**Onion:**

**METHOD:**

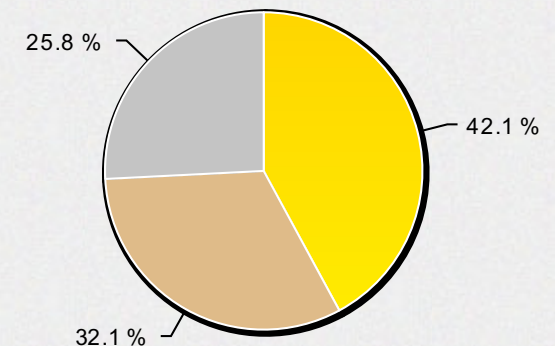
1. Preheat oven to 350 F
2. Boil macaroni in salted water
3. Beat eggs, combine in large bowl with onion, pepper, cheese, salt, pepper, and evaporated milk
4. Drain macaroni and let cool
5. Combine macaroni with egg mixture.
6. Pour everything into a baked oven-ready dish
7. Bake for 30-40 minutes
8. Let cool/set 15-20 minutes before serving

Makes 8 servings

## COURSE.

Main Dish

## REVIEWS.



CARBS



FAT



PROTEIN



Anoura Logan



Would make again

Oh my gawk, i didnt have exactly the ingredients but i improvised and it rocked. yum.

Apr 18, 2012 at 8:30 PM

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